



Playing dress-up

Don't wait until the last minute to get your costume for Halloween. Spoke's Meghan Kreller provides some helpful tips.

Feature 8

SPOKE

A learning newsroom for journalism students

A kindly donation

Conestoga receives a \$20,000 gift from the Village of Winston Park.

News 3

A scrummy situation

Check out the photo spread of everyone's favourite rugby-playing Condors.

Sports 9

Monday, October 3, 2005

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

37th Year — No. 18

Conestoga brings out the togas

By BRANDON WALKER

Beer drinking. Half-naked students dressed in togas. Bumping and grinding on the dance floor. All of these things are a common occurrence at any college toga party. Not so common at a college party is a 12-year-old girl, like the one who attended the annual Toga Party held by Conestoga Students Inc. (CSI) in the Sanctuary, Sept. 22.

Susan Nightingale, a Grade 8 student at Brant Township Central school in Walkerton, attended the party with her older sister Amanda, a first-year software engineering student at Conestoga.

"I thought there might have been a problem about it but (security at the door) didn't seem to mind (Susan attending the party)," Amanda said. "It did say all ages."

Andrew Ball, a third-year electrical engineering student who attended the party, said he was surprised a 12-year-old was allowed to enter the event. "It's not right," he said, "this is a college party."

When Justin Falconer, CSI's president, was told Susan attended the event, he said, "Hopefully she had a blue wristband on (to stop her from drinking)."

Falconer said as long as she wasn't drinking alcohol "we don't care (if she) comes." He said he was surprised someone would bring his or



(Photo by Brandon Walker)

The Conestoga College rugby team scrums it up at the Toga Party, Sept. 22. For more photos see Page 14.

her 12-year-old sister to the party.

"We don't have any rules around that," he said. "Hopefully that doesn't become a common occurrence."

Last year, Falconer said, CSI tried doing some events for students who were 19 years of age or older, and some students weren't happy that they couldn't come.

This year CSI decided to try an all ages event instead.

An e-mail to the bar manager regarding rules and procedures for events held on campus wasn't returned by press time.

Students at the party had a chance to express their creativity via the toga they wore.

Kevin Rogers, a first-year fire-fighting student, wore a toga with cow spots and a cowboy hat, while two marketing students, Roland Smith, in first year, and Laszlo Hepedus, in second year, wore garbage bags as togas.

Nick Booth, a graduate of police foundations, and his brother Greg,

a second-year woodworking student, wore black cowboy hats with their togas. Nick said he loves the Toga Party.

"It's the best time of the year every year," he said.

Greg said he wouldn't change anything next year even if he could.

Three students had a chance to win a DVD player based on who the crowd thought had the best toga, measured by applause.

"It's the best time of the year, every year."

Nick Booth,
a graduate of
police foundations

The winner was Brent Smith, a second-year architecture-construction engineering technology student, who wore a dark red toga and had "foliage" on his head that, according to his rugby teammates, was from a real tree.

Leanne Bird, CSI's vice-president, said since the start of the year every CSI activity has been a success because of school spirit and good advertising.

Falconer said next year's Toga Party will be held in the new student centre and it will be even better. "It will feel more like a bar. A typical toga party."

Karate organization loves rec centre

By ERIC MURPHY

The president of Karate Ontario says the Conestoga College rec centre is a fantastic facility.

"It's the first time we've held a grand prix karate tournament outside of Toronto," said Sebastian Pirrone. "We're very, very happy with the home of the Condors."

The prestigious event of approximately 75 different karate clubs and just under 400 contestants is usually held at Humber College but was offered to local karate club, Miyake Shuko-Kai, which loosely translates to "way for all."

"Anyone who wants to compete at a provincial or national level has to compete in four of these tournaments over the year to earn points to even be considered at a higher level," said Shuko-Kai vice-president, Mike Wilson. "We have some Olympic hopefuls here."

Although this is the first time Kitchener has hosted the tournament, Wilson is hopeful that it will happen more often.

"The rec centre is a beautiful venue," said Wilson. "The seating is fabulous. It allows families to easily watch no matter where their child or loved one is competing."

Wilson also accounted the success of the day to the number of volunteers who offered their time throughout the day.

"We have about 50 volunteers to score and time," Wilson said. "Judges come from all over, sometimes putting in a 16-hour day, all as volunteers."

Volunteer James Herman, who was also at the tournament to cheer on his daughter, was happy to give his time.

"Volunteering is a great way of spending free time," said Herman. "It's win-win, helping kids plus it makes you feel good."

His 14-year-old daughter, Melodina Herman, wasn't feeling good after receiving an injury during the competition, but finished the day with silver and bronze medals.

"I've been with Shuko-Kai for six years but have been out of training," said Melodina. "I'm here to get some more experience."

Melodina has her sight set on becoming a ski racer but aspires to becoming a black belt and eventually opening her own dojo.

For more information on Shuko-Kai and any one of its eight locations in the K/W area go to www.shukokai.ca

College sounds the alarms

By STEPH BAULK

A routine fire drill on Sept. 20 turned out to be a very important one after the fire alarms did not sound in the B-wing, C-wing or D-wing of the college.

John Tribe, security representative at Conestoga, said fire drills are done twice a year to test the effectiveness of the system and all the plans that are in place for evacuation of the building.

"As luck would have it, we identified a problem where one panel didn't communicate to another and that caused no sounding of the fire bells in several areas of the building," said Tribe. "That's a communication problem between panels and systems, it's like a computer glitch."

Tribe said the fire drill has merit and it's always unfortunate when you find that there's a problem with it, but better during a drill than during a real experience.

Because many students, faculty and staff members could not hear the drill the evacuation time was somewhat slower than usual.

"Normally it would have been much quicker than it was the other day, but it's hard for people to know there's an alarm going off when there's no bell sounding," said Tribe. "So they had to be physically attended in the area and told to leave."

He said when there is a drill or when there is an alarm, there's a response team, which consists of a whole bunch of different people in different areas, and they all have assigned responsibilities to go through the individual areas and make sure everybody is out and everything is closed the way it's supposed to be.

"So those people come back at the end of the fire drill and we have a debriefing and we discuss all the things that happened," he said.

The college also has safe areas for people with disabilities and there's a response to those as well.

"We have to know how many people are in the building and how much assistance they need," he said.

The safe areas are marked with green signs in the different areas, close to the elevator and the end of

certain corridors, said Tribe. Disability services staff attend to those areas and they are aware of who is in the building and where they should be.

"From our point of view the drill was successful because we established and identified a couple different problems and we've corrected them, so that's a success for us," said Tribe.

Fire drills are also done every month at the day care centre.

"That's a well-established routine," he said. "In fact, it's so well established that when I go over there the children know who I am and they do very well at that."

Tribe said it is part of legislation for fire drills in day care centres to be done monthly.

He said the problem with the panels was rectified on Sept. 22.



(Photo by Steph Baulk)

Students wait outside of the college after the Sept. 20 fire alarm.

Now deep thoughts ...with Conestoga College

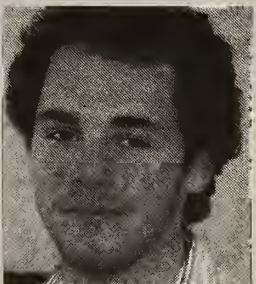
Random questions answered by random students

What is the worst pickup line you have used or had used on you?



"Do you have a quarter? I'm supposed to call home when I fall in love."
Jorge Godoy, second-year general business

"Did that hurt?" (What?)
"When you fell from heaven?"
Christine Falks, first-year early childhood education



"Nice legs, what time do they open?"
Jeremy McLellan, second-year robotics automation

"Your hair smells enchanted."
Shawna Brown, second-year accounting



"How much does a polar bear weigh; enough to break the ice?"
Jason Boshart, second-year accounting

"You dropped something ... my jaw!"
Katie Chard, first-year early childhood education



"Are your legs tired? Cause you have been walking around in my mind all day."
Dana Winterbotham, first-year marketing

Smile Conestoga, you could be our next respondent!

Don't be in locker limbo

Sign up for storage space the proper way

By STEPH BAULK

Lockers are a necessity for some students in the college, but if you have not signed up online for a locker this year and are currently using one, it is important you sign up the proper way.

This year lockers are a self-administered system, meaning students go online through the college website and sign up.

John Tribe, security representative at the college, said with the start-up of the program there has been a couple of glitches and there have been instances where the locker is double-booked, even triple-booked in some cases.

"We in security are not the face of lockers, but it has become such a problem now we have taken some steps to try to correct that situation," he said.

Currently, if a person goes to his or her locker and someone else is in it, he or she can go to physical resources located in 2E21, said Tribe.

"There will be a staff member there who will check who should be in the locker and will post a notice to evacuate on the locker," he said.

Some people do not go through the process properly, and simply move into a locker.

"Those lockers will be posted for 48 hours and if they do not move, security will cut the locker and remove the contents," Tribe said.

Cheryl Vogan, a support services officer at the college, said they have had a few students go to physical resources with a locker problem, but mostly everybody is looked after.

She said with a new system there are bound to be problems regardless, but it makes it worse if students take up a locker without signing it out.

"If you are a student and have taken up a locker, it is important for you to go online and sign up for a locker properly," she said.

Physical resources will have someone in the office to take care of any locker problems for just a couple more weeks and hopes most things will be sorted out by then.

"We're just here to help with any issues people have," said Vogan. "We just want to make sure if there is a problem it gets solved."

If you have tried to sign up for a locker online and could not because of log-in problems, students should go to the computer services help desk in Room 1E19.

Conestoga goes Latin

Learn salsa, meringue and bacchante

By NICK CASSELLI

If you have mastered break dancing or conquered the robot and find yourself getting bored of hip hop dancing, then maybe Conestoga College's Latin dance club is for you.

Or, if you've never danced a day in your life and the only dance moves you know come from John Travolta in Saturday Night Fever, then the Latin dance club is for you, too.

Conestoga students Andrea Diaz and Troy Brundle are organizing the lessons during which students will learn the salsa, meringue and bacchante.

Students of all dance levels are encouraged to join the club which begins Oct. 4.

The club will meet from 4:30 to 5 p.m. every Tuesday in the Sanctuary.

During this time the group will be notified of any announcements and will go over steps from previous classes.

New lessons will then be held

from 5 to 7 p.m. and will be taught by an experienced dance instructor from the Flying Dog nightclub. The instructor is also the president of the Latin dance club at the University of Waterloo.

"We want to attract as many students as possible who love to dance or have always wanted to dance but just don't know how," said Brundle, the vice-president of the club.

"There is no pressure on students to sign up and no partner is needed. We really want to see more students get involved in Latin dance and along the way learn some hot new moves taught by our professional instructor," he said.

A \$40 membership fee is required to join which covers eight dance lessons from Oct. 4 to Nov. 22 and should be paid to Diaz, who is president of the club, or Brundle at the beginning of the first class on Oct. 4.

There is a \$5 drop-in charge for non-members including people from outside Conestoga College.

"Compared to other Latin dance

clubs our members are saving money and practically paying half the price of a regular Latin dance lesson," said Diaz.

"We are one of the few Latin dance clubs around the area and we offer eight professional dance lessons for \$40 while some Latin dance clubs can charge up to \$100 for one private lesson."

Not only will students be getting lessons for a great deal but this is also a great opportunity for students to get involved in extracurricular activities and to meet new people, Brundle said.

"Right now we're just a small Latin dance club. Maybe in the future we will be performing at clubs and even in front of the school," he said.

On Nov. 29 members of the club will celebrate the end of the lessons with a Latin fiesta.

If students have any questions regarding the club they can call Diaz at (519) 497-7157 or Brundle at (519) 572-9199 or e-mail Conestogalatinclub@hotmail.com.

CISC donates large teaching aid to help students 'touch it, feel it'

By ADAM HANNON

Conestoga College recently received a new teaching aid designed to help students see firsthand how a wide variety of steel structural shapes are joined to form the framework for buildings, towers, bridges and other structures.

A dedication ceremony was held at the college on Sept. 22.

The Canadian Institute of Steel Construction (CISC) donated the large teaching aid, which is a large assembly of steel beams, with the help and support of several com-

panies, including ACL Steel Ltd. and Melloul Blamey Construction Inc.

It will be used by students in the college's diploma programs in architecture-construction engineering technology and civil engineering technology, as well as the architecture-project and facility management degree program.

Conestoga president John Tibbits said the teaching aid is a work of art, and an interesting teaching aid.

"It's like having a mannequin in health care," said Tibbits. "You can see all the body parts."

Dev Handa, a third-year student in the architecture-construction engineering technology program, spoke at the dedication ceremony.

"It's one thing you need to see to learn it," said Handa. "You can't just read about it."

Paul Seibel is the owner of ACL Steel in Kitchener, and a Conestoga graduate.

He said he hopes the architecture programs at the college inspire current students the way they did him.

"Hopefully it instils young people to say, I want to get into the building industry," he said. "Touch it, feel it and they believe it."

College receives donation for a first-of-a-kind program

By TARA RICKER

The Village of Winston Park has donated \$20,000 to Conestoga College for the development of a new academic program, entitled recreation for older adults.

The program will be the first of its kind, said Bill Jeffrey, associate vice-president of health sciences, community services and bio technology at Conestoga College.

"No other post-secondary education institution offers a program like this in Ontario," he said.

Jeffrey said the money donated by Winston Park will go towards curriculum development and the acquisition of learning resources for the program.

"We have a recreation and leisure program currently at the college which talks about care for the elderly with respect to recreation, but that's not enough," Jeffrey said the aim of the program will be to provide recreation and leisure professionals with a specialization in

working with older active and frail adults.

"A program like this has never been more relevant as Canada's population ages, with the fastest growth rate seen among those over 80-years-old," he said.

The new program will be one of many programs offered by the newly developed Training Institute for Seniors Care in Kitchener, a physical campus for independent and care-giving accommodation where residents are part of a living research environment.

The focus of the institute's work will be to translate research into practice.

The Training Institute for Seniors Care is a joint collaboration between The Village of Winston Park and Conestoga College, which will provide on-site training opportunities for students through field placements.

The Village of Winston Park has been offering continuum care to seniors for more than 35 years in

the K-W area.

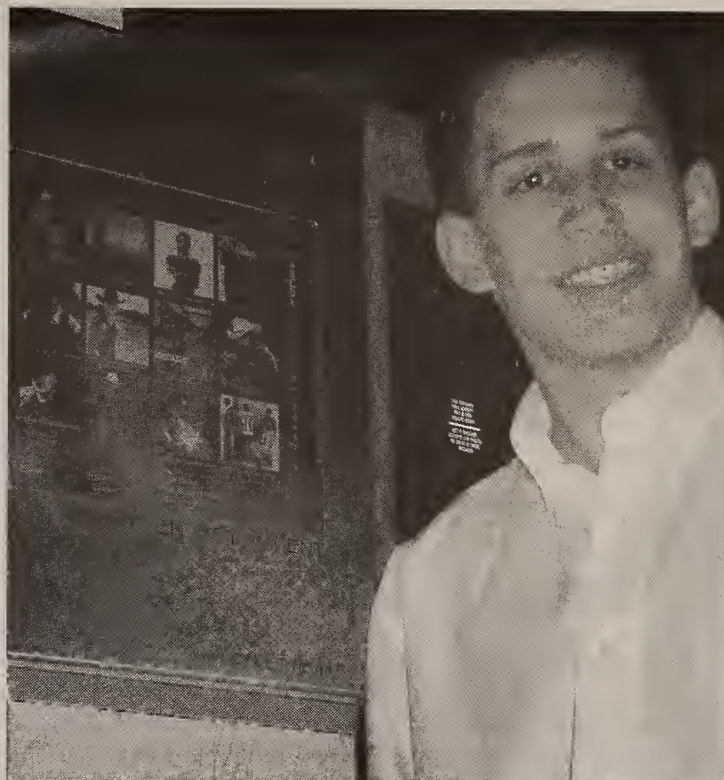
"One of the areas that is really important to Winston is recreation," said Ron Schlegel, president of The Village of Winston Park. "You can't take somebody and not do anything with them."

Schlegel said it was an easy decision to join forces with Conestoga College because the college has always had some affiliation with them by placing personal support workers and practical nurses at Winston for experience.

"Conestoga College has always been known for providing practical programs in health sciences," said Schlegel. "Winston Park wanted to help by establishing a program with the college that is way overdue."

The recreation for older adults program will be a postgraduate, two-semester professional program for graduates from the recreation and leisure services program.

The new program is scheduled to start next fall.



(Photo by Janet Morris)

Get your groove on

Jonathan Wolf, Conestoga Students Inc. (CSI) director, checks out the new Zymeta video juke box in the Sanctuary. Videos cost \$1 for three songs and are displayed on the monitor, while music blasts through the Sanctuary.

K-W community group gives generously to new therapy program

By ADAM HANNON

Conestoga College's recent donation of \$20,000 from the Kitchener-Waterloo Community Foundation will be used to purchase a ventilator for the respiratory therapy program, which will start in September 2006.

Ingrid Town, executive director of development and alumni relations for the college, said, "Respiratory therapy is a growing need for the community at large."

She said respiratory therapists are becoming more important as health sciences advance.

"Babies who in the past wouldn't have had a chance because of problems with their lungs now have a chance because of respiratory therapy," said Town.

She said since people are living longer now than they did in the past, they often need respiratory care in their later years.

It often takes up to a year for a

large donation like this to come in, she added.

Respiratory therapists assist doctors with the diagnosis and treatment of lung disorders. Their duties include maintaining an open airway for trauma, intensive care and surgery patients, assisting with high-risk births, conducting tests to measure lung function and teaching people how to manage their asthma or how to quit smoking.

The respiratory therapy program at the college will be a three-year advanced diploma program, with a capacity of 45 students.

Bill Jeffrey, associate vice-president of health sciences, said there is a high demand for respiratory therapists.

"By the year 2010, 100 per cent of graduates who go out of the respiratory therapy program will have to be replacements," he said. "We won't have enough respiratory therapists."



(Photo by Paige Hilton)

So long summer!

Nicole Domitrovic, left, and her sister Melissa, both first-year early childhood education students, spent some time studying and enjoying the last official day of summer in the shade of a tree.

COUNSELLOR'S CORNER: Procrastination

You may think it is too early in the semester to deal with procrastination, or are you just procrastinating?

Avoiding or putting off work which needs to be done can come in many forms. Some students ignore a certain task, hoping it will go away. Some underestimate how much work is actually involved in an assignment. Some see other activities as taking priority, like vacuuming your room instead of beginning to read that textbook chapter. An extra ten minutes of TV can eventually become the whole evening. Sometimes, students get "stuck" on one part of their project and don't move on from there.

To overcome procrastination, you first need to recognize what avoidance technique you employ and whether you want to change it. Then you can try some helpful approaches.

An essential element in dealing with procrastination is managing your time and planning. Effective planning is a key to achieving goals. Divide larger tasks into smaller steps which will seem more manageable. Set a deadline for each step. Take breaks and build in rewards. Work with a friend. Be reasonable and realistic with your goals; perfectionism can get in the way. For further assistance, don't procrastinate! Talk to a counsellor.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

CORRECTION

In a student centre article in the Sept. 26 edition of Spoke, incorrect information appeared.

The story stated that co-op and career services, which was to be housed on the third floor of the new student centre, instead was to be located where disability services is currently located, just down the hall from the student centre.

In fact, CSI has suggested it be located there, but no final decision has been made on the location. The decision will ultimately be made by college administration, not CSI.

Spoke apologizes for the error.

CLASSIFIED

Students Wanted

Book expensive? Money tight? Need groceries and spare cash? Full training, no experience necessary. Flex scheduling. Create your own hours. Morn./After./Even./Weekends

Full or part-time available. Call & start today. Guelph office (519) 341-0944

Cambridge office (519) 624-4460

Does Connex really connect with students?

Conestoga College recently introduced Connex on the college's student home page.

It is a way to inform students about Conestoga Students Inc. (CSI) activities, athletic intramurals and teams, student workshops and seminars. Other key components to the page include a section that updates students on what's going on during the upcoming week as well as postings of any part-time jobs on the campus, volunteer opportunities and student focus groups.

Carol Gregory, director of student development, and Leanne Holland Brown, student life co-ordinator, worked hard to develop Connex.

The college is really pushing the new portal by displaying it prominently on the student web page and advertising it in Spoke. An article has also been written about it.

In the Sept. 19 Spoke article, Holland Brown said she hopes the page will give students the chance to get excited about being at the school in addition to academics, but is this point getting through to the students at the college?

Students at the campus have mixed feelings about Connex.

First-year police foundations student Craig Stack said he wasn't aware of the site, but now that he is, he would consider using it once in awhile.

Other students said they've seen it on the website but they wouldn't use it because either they don't have time or they get their information from other places in the school. They also said they go to school to learn and they feel no need to pay attention to a student information site such as Connex.

The problem is a lot of students may have seen it on the college website, but they never knew what it was so they never considered using it to their advantage.

If students knew exactly what the site has on it, then maybe they wouldn't be as reluctant to use it.

Maybe some students don't know how to access the site. It can be found by clicking on the current students' section of Conestoga's home page, then clicking on the Connex logo.

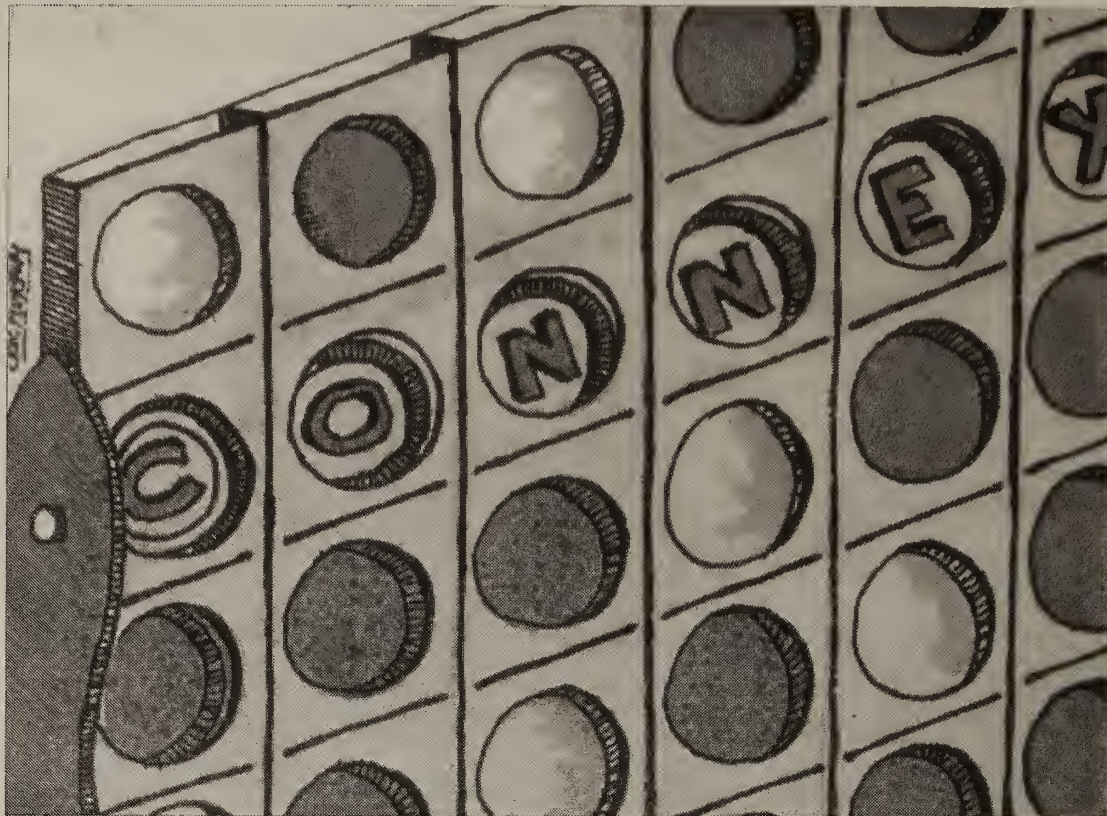
If the Connex logo was on Conestoga's home page rather than having to click on the current students' section, then students would find it easier to access and may use the site more often.

Promotion of the page must continue. Students only use something when it interests them and it could be, for some people, the new portal just doesn't intrigue them. However, it is more likely they just don't know it exists.

The college student body should take advantage of Connex and take advantage of the opportunity to be able to connect to the school. Some students complain they feel disconnected and don't know how to voice their opinions or ideas.

Connex provides that opportunity.

The college is really pushing the new portal by displaying it prominently on the student homepage and advertising it in Spoke.



It's your move. Go ahead ... Make your day!

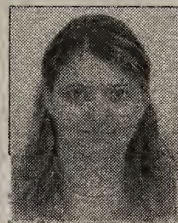
Drivers need more training

It's bad enough when a car turns into an intersection in front of me and I have to hammer on my brakes so hard I almost rearrange my teeth off the steering wheel, but what really blows my gasket is when it happens when I'm on my motorcycle.

Not only am I only on two wheels, but when I jam on both the front and back brakes, I have to do what I can just to keep the bike upright and myself planted on the seat.

The other day I was riding up Homer Watson Boulevard. I was in the right of two lanes. Not even 500 feet ahead of me, a green Astro van turned right onto Homer Watson. I normally would have had no issues with that, except that I was the one with the green light, and he turned into my lane. I had enough space to do a quick lane change without having to go into a brake-induced wobble. Had the Astro van stayed in the right lane, all would have been well. But, for some reason, the van came into my lane just as I was passing it on the left.

I had nowhere else to go. The



Denise Muller

Opinion

van was coming over front-end first, preventing me from moving over a little and blowing past it. It was either van or concrete island followed by a possible tuck-and-roll into oncoming traffic.

Not my idea of a good time. Have I mentioned my bike has a custom paint job and I just bought it the second week of school? I wasn't prepared to destroy a good thing.

On came my brakes and the horn. The motorcycle's nose dove, and I could feel myself lifting off the seat. The back end stayed straight, but the entire bike teeter-tottered, almost bucking me off.

Needless to say, I came out of it without a scratch on my bike or me. The van went back into the right lane, and received a token of my appreciation after I passed it.

But don't get me wrong. People

don't only have problems driving when I'm on the bike. It's this bad every day, regardless of what vehicle I may have.

People here need to understand that they do not rule the road, and they are not community heroes for making the drivers behind them go the speed limit. The only thing that can come of this is ticking other people off because they're stuck behind someone going smack on the limit. This leads to tailgating.

Nobody likes tailgating.

I look well ahead, anticipate what other people may do and am always well aware of what is going on around me.

If I get a speeding ticket, it's at my own cost. My insurance will go up and I have to pay the fine out of my own pocket.

Drivers need to reassess their driving abilities. If you cannot gauge the speed of a vehicle, just stay put or get out of the way as soon as possible. It'll probably give your bumper some added breathing space and you'll most likely see that beloved middle finger a lot less.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr., Room 4B14, Kitchener, Ont., N2G 4M4

Spoke

Is published and produced weekly by the journalism students of Conestoga College

Advertising Manager: Janet Morris

Production Managers: Steph Baulk, Melissa Hancock, Jon Yaneff

Photo Editors: Chantelle Timperley, Mike Bors, Denise Muller

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 **Fax:** 748-3534

E-mail: spoke@conestogac.on.ca

Web site: www.conestogac.on.ca/spoke

The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College. Spoke shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Letters to the editor are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Letters must not contain any libellous statements.

Program gets new chair Nursing program

By TOM KALBFLEISCH

The recently appointed chair of engineering and information technology says that one of her personal goals at the college is to increase the percentage of women in the technology programs at Conestoga.

In a recent interview, Julia Biedermann discussed her role as chair and the future of Conestoga's engineering and information technology programs.

"We have new programs and applied degrees that are in the works and one of the challenges is to market those programs and improve the enrolment in those programs," said Biedermann. "I have been working on that for a number of years."

As the chair, Biedermann has many responsibilities. She is involved in managing the programs and the resources for the programs of information technology, which includes assigning teaching workloads, finding part-time instructors and advertising and interviewing for full-time positions.

"We review program standards, make sure our programs are current and attend program advisory meetings," Biedermann said. "The list goes on and on."

Biedermann has worked at the college as a teacher since January 1997. She was also the program coordinator in civil engineering for the past two and a half years.

In order to promote her personal

goal to increase women in technology programs, Biedermann, Jane Carr, Shawna Bernard, Ute Ingham and many others have committed themselves to Women in Technology and Trades (W.I.T.T), an ad hoc group that promotes the women in technology at yearly workshops.

"It's a group that began in 1998 that aims at bringing together female students so that they're this big group of women in the same classroom rather than one or two in a classroom," said Biedermann. "It's a networking opportunity for them and in the last few years we have tried to network the students with alumni so we have been inviting recent graduates to attend."



(Photo by Tara Ricker)

Serving up stir-fry

Michael Preirsclias makes roughly 120 stir-frys every Monday, Wednesday and Friday for Conestoga College students.

By ADAM BLACK

Practical nursing students at Conestoga face a lot of obstacles while trying to complete their licence.

It's not only a matter of getting high marks in classes and receiving a diploma after two years.

They must complete other criteria as well, before they can call themselves nurses.

There are many requirements that most other programs don't have. A 55 per cent is a passing grade for most classes at Conestoga. For practical nursing 65 per cent is a pass.

On top of that, students are required to be at a work placement twice a week.

Failure to do so means discontinuation from the program. The placements are at a hospital working with patients to get valuable work experience.

To be able to work at these placements, students are required to have up-to-date inoculations for diseases like the flu and tuberculosis.

Also, they must make sure their CPR certification is up to date. Failure to do so means discontinuation from the program.

But even after all this is done, and they graduate from their program, they're still not finished. In order to get their nursing licence,

they're required to write a Canadian National Testing Service exam in order to register and get their licence as a practical nurse.

Despite all this hard work, inside and outside of the classroom, nursing students seem passionate.

Carolyn Groff, a second-year student in the practical nursing program, is optimistic about the outcome at the end of the program.

"It's a really good program, but it's lots of work," said Groff. "This is one of the best schools for this program."

Trish Weiler, the nurse for Conestoga, explains how hard it is for a nursing student.

"A nursing student's requirements are very difficult," said Weiler.

"They are required to get 65 per cent on exams to pass their courses, and have to be at a work placement twice a week for about eight hours a day. It's a lot of pressure."

Weiler warns that in the field there is still a lot of pressure, so the hard work in school helps prepare them for the real world.

"For example, some people just don't understand why you have to give them an inoculation and why it's so important for them to be up to date," she said.

"You have to explain it to the patient. It can be really frustrating."

NO CAR PAYMENTS FOR 2 MONTHS.

TOO BAD YOU CAN'T DO THE SAME WITH
YOUR STUDENT LOAN PAYMENTS.



Chevrolet Cobalt SS

Introducing the GM Student Bonus Program

This is how it works. If you're in high school, college, university or a recent graduate of either, you can purchase or lease any eligible new GM vehicle and we'll make the first two lease or purchase financing payments for you. Sweet. We'll even cover the security deposit on your lease. See, an education does open doors. Visit GMStudentBonus.ca to see if you are eligible and for eligible vehicles as well as full program details and limitations.



A different kind of Survivor

By MIKE BORS

Conestoga College's Doon campus will be holding the third annual Survivor Conestoga, meant to show students from other countries how to adapt to life in North America.

All international students are welcome to attend the event, to be held on Oct. 6 from 3:30 to 7 p.m. in rooms 2E14, 2E16 and 2E18.

There will be seven different stations set up and students will be separated into seven different groups as they rotate between stations.

These include:

What you should know about drugs and alcohol, which is a look at North American practices with drugs and alcohol.

Healthy ways to de-stress through recreation shows students exercises on how to de-stress.

Safety on campus will be run through the school's Walk Safe program and it is the only event to be run by the students.

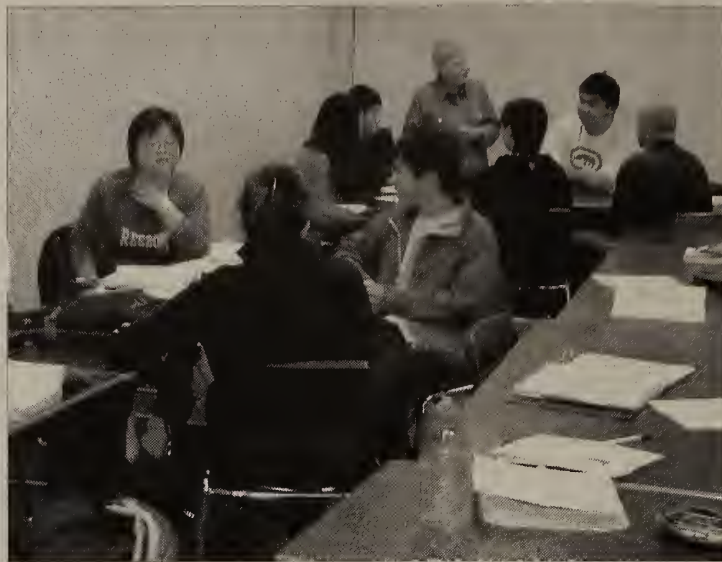
Two stations on safe relationships will be offered. Abuse, both physical and emotional, will be the main topic of one station. The other station will focus on boundaries within a relationship such as having someone ask you to do something you don't want to do, how to avoid financial rip-offs, dishonesty and how to just say no.

Healthy sexuality is the most popular of all the stations. At this station, students learn about sex in a

more open and honest way than they are usually used to in their home countries.

Shawna Bernard, a Student Services counsellor who assumes a leadership role for international students, said the idea for the event came when faculty in the English language program suggested international students could use information and education on cultural differences, as well as problems that could come up.

"We try to make it light," said Bernard. "Each station is only 10 to 12 minutes long. We give door prizes between each station with a grand prize at the end. The bottom line is it's a fun opportunity to meet new people."



(Photo by Mike Bors)

Pauline Shore, standing, instructs students in her English language studies class. Shore said Conestoga Survivor is a fun way for students to become aware of college services.

Christian club spreads message of hope and life

By TIM GEDCKE

Conestoga College has a number of clubs that students can get involved in to enhance their post-secondary experience, but according to a volunteer with Conestoga Christian Fellowship (CCF), none can bring more hope to an individual's life than CCF.

Dave Robinson, who volunteers his time once a week to speak to members of CCF, said ultimately the message of Christianity is about hope and life.

"For those who are looking at what life with Christ is like, it's a

life where you are amazed at Christ's forgiveness and his love for you and your hope in it and your belief in it," said Robinson, who also pastors Grace Bible Church in Cambridge.

CCF has three goals for the upcoming year, he said.

"First of all, we want to encourage those who follow Christ, we want to provide opportunities for them to meet others so they can encourage one another and the third is we want to tell the message of Christ on campus, that there is hope and there is truth," said Robinson.

Zach Hewitt, student president of CCF, said it is a great opportunity to meet people. He has a message for anyone considering attending CCF.

"Come out and check it out and see what you think about it," he said. "If anybody is having problems, if they're dealing with loss or anything, God can help them. It's good because you can meet more Christian friends who can help you out and it is a good opportunity to learn more about what God has to offer."

Hewitt, a second-year wood-working technology student, said

CCF has many things planned for this school year, including Bible studies every Thursday night.

"Every last Wednesday of the month we get the Sanctuary and have a worship night," said Hewitt, who, as president, plans events, gets everything organized for each week and contacts guest bands.

"On Oct. 13 some people we know from Waterloo are having a bonfire and hotdogs, then the week after we are getting the gym at the recreation centre and playing some volleyball or something," he said. "Plus, we might have a movie night and a couple times get pizza and

hang out."

Robinson said the reason he is helping at CCF is because he believes current students at Conestoga will have a great impact on society and on many people's lives.

"I think it's important to get the message of Christ out," he said. "It grounds people, it gives them morals, it gives them lifestyle and it ultimately gives them hope. Everything we search for without Christ leads to emptiness and Christ is the answer to finding hope in this world and in the world to come."

CONNEX Your voice, your experience, Conestoga's future!

EMPLOYEE FOCUS GROUPS

You're invited to help us understand the gaps and create the opportunities as we develop the strategic plan for the growth and enhancement of services and systems that support student success and promote student satisfaction at Conestoga College.

Suggestions or input on services, student life opportunities and how to improve the student experience will be greatly welcomed.

Student Services (Counselling, Disability, Peer, Learning Skills, Health Services)
Tuesday September 27 10:00 - 11:30 am.
Wednesday September 28 1:00 - 2:30 pm.

Co-Op, Career Services, Recreation Centre, Alumni Services
Monday September 26 10:00 - 11:30 a.m.
Tuesday September 27 1:00 - 2:30 pm.

Liaison, Publications, Financial Aid, CE Registration
Wednesday September 28 9:30 - 11:00 am.
Thursday September 29 10:30 - 12:00 pm.

Records, Admissions, Information Services
Wednesday October 5 10:30 a.m. - noon
Thursday October 6 1:30 - 3:00 pm.

Program Co-ordinators
Monday October 17 3:30 - 5:00 p.m.
Tuesday October 18 3:30 - 5:00 p.m.

Doon/Cambridge Faculty
Wednesday October 19 3:30 - 5:00 pm.
Thursday October 20 3:30 - 5:00 p.m.

Waterloo/Stratford Campuses, Waterloo Campus, Room D3 - All Staff
Monday October 3 3:30 - 5:00 p.m.

Guelph Campus - All Staff - A8
Tuesday October 4 3:00 - 4:30 pm.

Learning Resource Centre Staff & open to any Employee - Doon
Tuesday October 25 10:30 a.m. - 12:00 noon

ALL DOON FOCUS GROUPS WILL BE HELD IN ROOM 2E04

Please contact Darcelle Watts (dwatts@conestogac.on.ca) to register for a group today!

Expand your horizons with continuing ed

By JESSICA BLUMENTHAL

Have you ever wanted to get your boating licence? Or wanted to learn the ancient art of belly dancing?

Conestoga offers classes for those interested in acquiring new skills which most people aren't aware of like boating, glass blowing, stained glass and belly dancing through continuing education, said a continuing education administrator.

Gillian Oldfield said the classes are a great way for people to learn about new topics while de-stressing and socializing.

An upside to the general interest courses is there are no academic requirements and no marks are given, it's for sheer enjoyment, she added.

Oldfield said she's taken some general interest courses and has enjoyed them all.

"The instructors are so passionate and knowledgeable about their hobby that it adds a high quality and extra umph to the class."

A lot of students return to try out a different class since their experiences are so positive, Oldfield said.

She added the fall semester has the highest enrolment rate, which is probably due to people being in the back-to-school state of mind.

A new workshop called investing in real estate wisely has been well received. The class teaches people how to make the most of their home budget.

Some workshops are practical for everyone, said Oldfield. The investing in real estate course, for example, provides valuable information in this hot real estate market.

There are a lot of practical classes that are new, she added. One of them is rearing the perfect puppy, which starts in the winter semester.

This course provides little known information about getting a puppy and what to do when someone decides to make the commitment, she said.

More classes are starting to split into two parts, like the puppy one, to ensure relevancy to the student, said Oldfield.

The rearing workshop has a second part called ethics, economics and responsibilities of breeding. It educates people on the issues when breeding dogs.

Most people don't want to breed their dog, so instead of having one, 12-week course, there are two six-week courses, she said.

Other courses that are broken in two parts are digital photography, pottery, film critic and Jin Shin Do.

The most popular courses are bartending, Smart Serve, any of the cooking courses and the motorcycle classes, Oldfield said.

For more information, pick up a continuing education book which can be found in the racks outside of Room 2B15, visit www.conestogac.on.ca or call 748-5220, ext. 3656.

Septemberfest introduces small businesses

By TIFFANY MCCORMICK

With 50 vendors in attendance the Self Employed Women of Waterloo-Wellington's Septemberfest trade show provided the community with an opportunity to learn more about a variety of small businesses.

Cindy Trinkaus, an auto parts salesperson from Kitchener, said the fair was an avenue for information that helps the public learn more about small businesses.

"The more variety the better," Trinkaus said.

On Sept. 24 local small businesses gathered in the Waterloo Recreation Centre, Hauser Haus, to display their product or service to the community.

According to program director Gabrielle von Pagenhardt, the numbers "definitely increased" from only 32 participants in February.

Vendors varied from senior care to natural healing, motivational speakers to real estate, music therapy to web page design and pre-paid legal services to literature.

Two-time breast cancer survivor, motivational speaker and author, Linda Ockwell-Jenner, was in attendance to remind people that you have to help yourself.

After being diagnosed with breast cancer in 1997 and again in 2000, Jenner wrote *A Life Like Mine* and began motivational speaking.

As an ambassador for Hope Springs Cancer Centre, Jenner promotes that a healthy lifestyle and healthy diet are needed to keep yourself safe.

"People need to work on prevention," she said. "Early detection is key."



(Photo by Tiffany McCormick)

Business partners Leonard Eagle, right, and Marc Jurmans are focused on how to Get Your Business To Kick Butt.

Jenner spoke of six steps outlined in her book that can be used to face any challenge in one's life. Step one is accepting that there is a challenge in your life.

This past August was Jenner's fifth year of being cancer free. She reminds people that anyone can be a survivor.

Daniela Vukobrat, an independent consultant for Spa Sensations, said her business teaches people how to de-stress themselves.

"What you put on your body is just as important as what you put in it," she said.

Spa Sensations, a Canadian company, was founded in 2002 but no one in the Cambridge or Kitchener-Waterloo area is working for it.

Vukobrat said that is why she attended the trade show, to let the community know who they are.

The Carmel New Church School, an independent elementary school in Kitchener, was also in attendance.

Assistant principal Liz Longstaff said it's a different kind of school.

"It's a safe, loving, caring community," Longstaff said.

The Carmel New Church School began in 1892 and has always been a small school. Classroom sizes with two grades only average about nine students.

Longstaff said due to the small numbers of students a lot of one-on-one learning takes place.

"Students do very well in high school."

Longstaff said the school did not really begin advertising until two years ago when a new addition was added. Of the trade show itself Longstaff said it is ideal.

"It's about getting people to know our name."

Lynda Stirrett, the national director of DancIT International, a fitness program, said the trade show is an excellent opportunity for small businesses to get out into the public.

"They see you, you see them," she said.

DancIT has been around for 25 years. Stirrett said it is an opportunity for women to forget what is happening outside and get in touch with who they are.

"We have fun," Stirrett said. "it's

a life experience."

A session of DancIT lasts one hour. In that time 15 songs are played giving participants a variety of musical genres such as Latin and hip-hop.

There is no set structure to the dancing. Rather, it is simply dance moves to the music.

"You fake it with a smile on your face," Stirrett said. "Anybody can do it."

Sergey Pavlov and his wife and partner Veronika are responsible for Vendorland, a free web directory for small businesses.

Vendorland allows small business owners to post information about their business and upcoming events on their website.

"It's a good chance for businesses to get online," Pavlov said.

When a first-time business owner is posting information on the website the first 250 characters are free. If additional information is needed charges are applied. Posting pictures or more text is a \$160. For a one-year personal website of a person's business \$118 is charged.

Currently Vendorland, which has been running for one year, has 500 businesses online.

Lynn Reinhart, an educational assistant in Waterloo, said she thinks the trade show is wonderful and added there are no other opportunities to try things for free in public.

"There's good variety," she said. "A little bit of everything."

Reinhart said it takes a lot of ambition to have a small business.

"It's good if you can support them."

For more information regarding SEWWW visit their website at www.sewww.org.

Co-op apprenticeship program holds first consortium meeting

By JON MOLSON

Students enrolled in Conestoga's co-op apprenticeship program took part in the first consortium meeting for their cohort this year on Sept. 19 at the ATS Centre.

The primary reasons for the meeting were to outline the expectations of both the consortium members and the program in general, as well as to make sure all students are properly registered as apprentices with the Ministry of Training, Colleges and Universities — apprenticeship branch. Apprenticeship students will also choose a student representative for the consortium meetings.

"If you're not sure how an apprenticeship program works, it is basically a three-way partnership between students, sponsors (the consortium) and the government," said Greg White, the chair of trades and apprenticeship programs at Conestoga's Doon campus. "The college is recognized as a training delivery agent, while the consortium will register students (as apprentices) as a representative employer group."

The consortium is made up of members in the business and trades industry, representative of those that will eventually employ members of the program as apprentices during their co-op term. The students are re-registered after successful completion of the program with their "ultimate" employer. There are

seven members in the consortium for Conestoga's co-op apprenticeship-machining program plus a chair and vice-chair. They usually hold about six meetings each year with apprenticeship students.

This is the second year for the co-op apprenticeship program, which last year registered 45 participants. This year that number increased to 60 registrations and had a total of 151 applications. Students are required to pay a \$40 fee for registration and they have to have at least a Grade 12 education in order to be a registered apprentice.

Students in the co-op apprenticeship program will have 45 weeks of academic on-campus training. This is followed by a one year co-op placement, which is not just limited to members of the consortium. After their co-op placement students are required to complete an additional 20 weeks of in-class training. Students will eventually graduate as a mechanical technician with a co-op diploma, as a general machinist technician, tool and die maker or machine tool builder and integrator.

Greg Polan, chair of the consortium, congratulated students for getting into the program.

"I know it is a pretty competitive process," he said. "The program is very tough and there is a lot of hard work, but at the end of the day, I think it is time well spent."

Polan, who is also the director of

human resources at Linamar Chassis Group in Guelph, said this type of program is different than most at Conestoga.

"What is really unique about this program and certainly the co-op aspect is the student access to a good advisory group of employers from small and medium-sized companies," he said. "We all have a year's worth of experience under our belts, which will help give you (students) a sense of what to expect and how to succeed in the program."

Thom Pett, vice-chair for the consortium, said he looks for work ethic and attitude in apprenticeship students.

"You see a lot of young people today that want to walk in and be paid \$30 an hour and don't want to do anything for it, it doesn't work that way in the apprenticeship deal," he said. "You don't get it right away, you have to earn it and the way to earn it is by having a good positive attitude and wanting to accomplish something on a daily basis."

Pett encouraged students to work overtime when offered.

"(In this business) it's your job to get it out the door and the customer doesn't understand lateness," he said. "You've got to step up."

Lorne Seip, a member of the consortium, said whatever trade students end up doing, they should cherish it.

"Appreciate being a creator," he said. "What you will be doing is something that is a real craft."

Seip, who is the tooling and facilities supervisor at CompX Waterloo, said this is a lifelong path for committed students.

"There is always something new to discover in the industry and the deeper you dig in, the more you're going to enjoy it," he said.

Scott Watson, another consortium member, placed a lot of emphasis on the importance of teamwork.

"Our projects are so much larger now that teamwork and being able to co-operate and communicate with your fellow employees and customers is very important," he said.

Watson, who is the tooling and equipment manager at Blount Canada in Guelph, said personality and how individuals interrelate to others is a crucial element when selecting new employees.

"There is a lot more learning than just the technical side, there is a human side, a personal side and that has become a major selection point for us," he said.

Greg White said students who made it into the program have the best opportunities within the college system.

"There were 151 applicants to the program and you were the ones selected," he said. "Having said that be aware that if you want to stay here, you're going to have to work, which won't be difficult if you apply yourself and look at this as a full-time job."

He said there are options for students who are having a tough time

keeping up, such as a reduction in the program's workload.

White said students should have no problem finding placements if they are eligible, flexible and ready to work.

"We will make sure, working with you (apprenticeship students) that the placements will be there," he said. "Part of our job is to help secure those placements. This past year our co-op department secured more positions than we had student apprentices eligible."

White is encouraged to see women take part in the program.

"We started with three young women in the program last year, two of them are presently out there working," he said. "So, if you are a visible minority it is not a problem if you do the work."

He said the reason for holding the meeting two weeks into the first semester was to give students a chance to become familiar with the program before committing to registration.

"If students are still here, at this point, we figure that they are committed to the program because it has been well explained," he said.

White expects applications for next year to increase.

"The word is out about the program," he said. "Certainly the ministry and the government have publicized the fact of co-op apprenticeships as another method of obtaining an apprenticeship, so all of those factors have helped."

SNAG A SPOOKY HALLOWEEN COSTUME ...

By MEGHAN KRELLER

For a child, Halloween is a dream come true. It's a time to get dressed up, stay up late and wander the streets with other kids who all share the same goal: to get as much free candy as possible.

Unfortunately, the days of trick-or-treating come to an end as time goes on but that doesn't mean the spirit of the spooky holiday should die.

One option for those with an inner-child who still want to dress up is to rent a costume. However, think fast because, according to the pros, there is no time like the present to start planning for this Halloween.

Alexandra Dysinski, wardrobe mistress for Mavis Theatrical Supplies in Waterloo, said in order to rent the ideal costume it is best to start shopping as soon as possible.

"People are already starting to come in and take a look at our selections," she said in late September. "We already have a few bookings in place for Halloween."

Dysinski said because most people wait until the last minute to rent their costume, it can turn into a bidding war toward the end of

October. Last year she had people offering the company more than three times the price for costumes that were already reserved.

The selection toward the end of October diminishes, Dysinski explained. She said if someone was to come in a couple of days before Halloween they may be stuck wearing some of the "not-so pretty stuff."

It's nice when people are satisfied with their costume instead of having to pick from whatever is left, she said.

"This year it seems the horror genre is going to be very popular," Dysinski said, "which is mostly done with a simple costume but lots of makeup and 'goring up the flesh.'"

Also, people love

medieval, she said. For women it's an excuse to wear a big, elaborate dress.

"With the guys it's a little less popular because it's more restricting than they are used to, but for women it's always a hit," she explained.

Tom Hilborn, co-owner of Maskerade Manor in Cambridge, said the earlier people start looking for a costume, the more selection they are going to have.

"We've never been completely cleaned out but we've been really picked over," he said.

One problem that occurs in the Waterloo Region, explained Hilborn, is many of the venues don't advertise Halloween parties until after Oktoberfest. So even if people come in to look early enough, they may not be sure of the date the costume is needed.

Hilborn predicted that Star Wars is going to be a big theme this year as far as media influences are concerned.

"We've already sold our entire stock of light sabers that I had ordered for Halloween so we had to order more in," he said.

Maskerade Manor has prepared for the hype by ordering an assortment of costumes including

movie-quality characters from the box-office hit.

"Other than that, men generally like anything with a weapon and women like anything that makes them look pretty," he said.

Hilborn said he has had many requests for different costumes but doesn't like to use the words "odd" or "bizarre" when talking about Halloween attire.

"We like it when people come in who are a



(Photo by Meghan Kreller)

Mavis carries a large selection of costumes for men including pirates, priests and the ever-popular Red Hot Player Pimp (above) at \$40-a-day to rent.

little out of the norm," he said.

He has had requests for things like cigarette package and beer can costumes but said they don't carry them because they would need to order every brand in order to please everyone.

"Last year we had someone who wanted to be a lit joint," said Mavis's manager Marion Brown.

Other strange requests she mentioned included a condom and a tampon.

Although renting is only one of many options, Dysinski said it's a good idea to rent because people tend to want a new costume every year.

"It's an especially good idea if you like variety," she said.

Generally speaking, said Hilborn, when you rent you get a better quality costume.

"Also, it doesn't take up all that

space in your closet," he said.

The costumes in the two stores ranged roughly between \$20 and \$60 per day to rent with some exceptions, including the period gowns at Mavis and the movie-quality Star Wars costumes at Maskerade Manor.

As for those who want to make some money off of this haunted holiday, Dysinski said in order to win a contest people should probably make their costume themselves.

Staff at Mavis helped judge the CKCO contest last year and they said the judges were especially interested in the costumes that were hand-crafted by the competitor.

"If you want to win big money you have to invest a lot of time and money into it," said Dysinski, who would know, being a competitor herself.



(Photo by Meghan Kreller)

Women love to have an excuse to wear puffy, elegant dresses. The black and gold Renaissance dress is one example of a more elaborate rental from Mavis, costing \$150-a-day to rent.

... BEFORE THEY VANISH

Design contest tackles social issues

By PAIGE HILTON

Students in third-year graphic design are beginning to work on T-shirt designs for a contest to impact social commentary.

The competition is being held and judged by Unlearn, a local clothing design company that produces clothing they hope will inspire conversation.

"Our mission is to provoke thought. The response to our messages and designs has been incredible," said Abhi Ahluwalia, founder of Unlearn. "We thought we would work with graphic design students in our community to give them an opportunity to take some interest in issues that are important to themselves and to

create a dialogue."

Students are encouraged to create designs that address issues like pollution, sexism, stereotypes, discrimination, body image, violence, religious barriers, HIV/AIDS and environmentalism.

The contest deadline is Oct. 12, said Ahluwalia, and 10 finalists will be chosen from the entries and awarded \$50 each.

The finalists will have their designs on display at the Campus Stores Canada Exhibition in Toronto in February. Ahluwalia said students whose shirts are ordered by schools will be awarded \$250.

He said the award is based on production and an adequate order would range from 200 to 250 units.

Matt Miller, the graphic design co-ordinator, said the task is a challenging one because students must design something that does not preach to people.

"(It must) make people think about world issues," said Miller. "And it has to look cool."

This is the first year for the contest, Ahluwalia said, and it is a great model for future contests.

He said the reason 10 finalists will be chosen instead of the more traditional first, second and third place prizes being doled out is so more students have an opportunity to show their work in a real, public setting.

Unlearn's creations can be found at Loop Clothing in Waterloo and online at www.unlearn.com.



(Photo submitted)

Unlearn's clothing designs are meant to provoke thought and conversation, said Abhi Ahluwalia, founder of the company, and any interpretation of a design is worth considering.

Men's rugby team captures their first win of the season

By JON YANEFF

Conestoga's men's rugby team earned their first win of the season after manhandling the Fleming (Peterborough) Knights and 27-8 to the Seneca Sting, so the win in the home opener shows the Condors determination to battle back during the short, six-game season.

The victory puts the team's record to 1-2, one game under the .500 mark.

Rookie Jon Young led the team by scoring three tries for a total of 15 points. Other tries in the game came from veterans Alex Brubacher and Andrew "Dewie" Ball.

Two players left the game with injuries including Ball with a bruised foot and veteran Russ Wykes with a concussion.

Veteran Joel Hussey has played well for the Condors this season, making two converts after tries and kicking three penalties.

Coach Jeff Desruisseau said he is pleased with his team's play after the first three games of the season.

"We are improving with every game and it shows with our team's continuity," he said.

The team lost the first two games of the season 13-5 to the Fleming (Peterborough) Knights and 27-8 to the Seneca Sting, so the win in the home opener shows the Condors determination to battle back during the short, six-game season.

So far this season Conestoga is the only team to play three games, but after their game against the Mohawk Mountaineers Oct. 1 their next game isn't until Oct. 15 against the Georgian Grizzlies in Barrie.



Clockwise from top left:

Veteran Russ Wykes runs the ball during the Condors 35-6 win over the Fleming (Lindsay) Auks at Bill Struck Memorial Field in Cambridge Sept. 24.

Veteran Alex Brubacher waits to catch the ball during a throw-in against the Auks.

The Condors try to bring down an Auks player.

The Auks Don Alexander kicks off to the Condors. Alexander converted on two penalties for the Auks' only six points of the game.

Andrew Ball runs the ball down the field.

All photos by Jon Yaneff

Three awarded scholarships

By LEE EVANS

Three young adults from the black community were honoured with awards of excellence scholarships worth \$500 each for their achievements both in school and in their communities.

Rori Brown, Channelle Martin and Rufus John, all three recent high school graduates, received scholarship awards during the fourth annual Awards of Excellence Brunch held at the Holiday Inn in Cambridge Sept. 25.

In order to qualify for the award, each student had to be attending a Canadian high school, be active in sports, volunteer work, academic studies, the arts or their church and be outstanding in their school community.

Notices were sent to area schools and churches requesting written submissions from teachers and other leaders in the community to nominate students they thought should be considered for the award.

Once nominated, students had to submit an essay describing their interests and achievements, as well as outlining their future goals and how they are contributing towards the cost of their education.

"The letters we get from the kids are amazing," said Marcia Smellie, committee member of the Congress of Black Women, Waterloo chapter.

"Last year, one of our applicants didn't have access to a computer, so the letter was handwritten, and it was so moving that even the men on the committee had tears in their

eyes," she said.

Three local cultural organizations contribute money toward the scholarship awards, which are then paid directly to the post-secondary school the recipient plans to attend.

The Cambridge West Indian Association, the Chloe Callender Awards, The Congress of Black Women of Canada, Waterloo Chapter and The Caribbean-Canadian Association of Waterloo Region all support the awards in order to foster excellence in the youth in their communities.

"Success means being able to achieve your goals in life, guaranteeing your future by self development ... not just by accumulating money," said Noel Richard, chair of the 30-year-old Caribbean Canadian Association of Waterloo Region.

He complimented the students on their success as role models in the community and encouraged them to meet their goals.

Conestoga College will be fortunate to have Rori Brown as a student starting this January in the general arts and science program.

"I first heard about the awards in August from my English teacher after doing a presentation on Jamaica," said Brown "and I only had two days to apply."

She had to get a letter from her teacher and from her financial planner, and then quickly prepare her essay.

Brown is currently attending St. Louis Learning Centre for upgrading in biology, math and English and will continue throughout next summer in order to maintain the

levels necessary to obtain a degree in health sciences.

A graduate of Resurrection Catholic Secondary School in Kitchener, she is described by her school counsellor as hard working, studious and a determined young woman who is also an accomplished pianist. She received the Buddy Award at her school for her dedication to working with students with severe disabilities.

Brown has volunteered for the Epilepsy Foundation and Operations Christmas Child since 2001. Her goal is to be a dietetic technician.

One of the recipients, Rufus John, sang a moving rendition of The Prayer in a duet with his sister, Natasha John, and they received a standing ovation.

John is no stranger to applause, being involved with a dance team in high school known as D-Tour, which led to being the choreographer for the Bluevale, Eastwood and Waterloo Collegiate hip-hop dance teams.

He also sang with several groups, among them the Bluevale Singers, the Chamber Choir and the Boys Ensemble.

John has been actively involved with the community volunteering with United Skills linked program, the YMCA, the Salvation Army and the Elmira and District Association for Community Living.

Fanshawe College will become home to John as he pursues a three-year program in child and youth development services, eventually



(Photo by Lee Evans)

Rori Brown, who will be attending Conestoga College in January, accepts her award while Chloe Callender of the Congress of Black Women looks on.

leading to further studies toward becoming a high school teacher.

Channelle Martin graduated from St. Benedict Catholic Secondary School in Cambridge, where she received an honours average in her final year. She was also selected to attend the leadership retreat during her third year and worked on student council as treasurer and public relations representative.

Martin displayed a positive attitude and was a joy to work with, her school counsellor wrote in her letter of recommendation. Her public speaking skills were demonstrated in presentations at Cambridge city council and other organizations when seeking funding for programs while working as a youth recreation worker at Fiddlesticks Neighbourhood Association in Cambridge for the past six years.

Martin has been accepted into the

English program at Queens University.

After singing Father Lead the Way, soloist Aileen Bennet encouraged the young people in the audience to never give up.

"Keep your dream alive in your heart and keep working at it," she said, "and don't let anything discourage you."

Bennet thanked everyone for coming out to "celebrate our youth."

Kitchener MP Karen Redman was on hand to congratulate the winners, acknowledging the contributions youth from Caribbean and black heritage make to positive ethnocultural relations in Waterloo Region.

Also on hand was Elizabeth Witmer, MPP for Kitchener-Waterloo, who has supported the awards since their inception.

Background music during the event was provided by Traces steel drum band, led by Joe Lovell.

Conestoga gives students unique opportunities

By TODD RELLINGER

Conestoga College has been ranked number 1 for the past seven years but a former student thinks Conestoga's greatness goes back to the early 1990s.

Scott Farhood, a former student in the broadcasting-radio and television program, says Conestoga has stood him in good stead.

"I had some tough breaks with other stations. But I've really found a home here at DAVE FM."

*Scott Farhood,
BRT graduate*

Even though he still needs one course, electronic newsgathering, to officially graduate from the college, he has been successful in using the knowledge he obtained at Conestoga.

"I never really thought it was

important to go back and get that last credit," said Farhood. "I guess it is and it isn't."

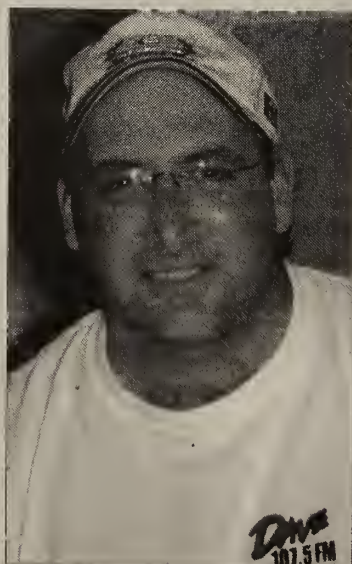
Apparently employers didn't mind, since he was offered a job after attending Conestoga in 1990, at AM 109. The Kitchener station, a top 40 radio station at the time, hired him as the weekend overnight guy.

He was then promoted to weekend mornings. Even though that gig only lasted two years, it started what would be an exciting radio career.

However, he first had to persevere.

After the CHUM radio group from Toronto bought the station and the name changed from AM 109 to Oldies 1090 in 1994, he was laid off. In 1995 a London, Ont. station, 1290 CJBK/ BX 93 FM, brought him on board for the mid-afternoon drive.

After the station decided to go to an all-talk style, Farhood decided to leave for a job at CKPC 1380 in Brantford and do the afternoon



(Photo by Todd Rellinger)

Scott Farhood, a Dave FM sales representative, said the college gave him hands-on experience and let him be creative.

drive for a couple of years.

"Conestoga gave me real world and hands-on skills that I needed," said Farhood. "It gave me the experience to move from station to

station without any difficulties."

After working at the Brantford station for only five months Farhood decided to quit and make a career change.

He went back to where it all started at OLDIES 1090/105.3 KOOL FM and got into radio sales which he did for two years before a more intriguing offer came his way.

98.5 YOUR FM in Waterloo hired Farhood as a sales representative. This position gave him the opportunity to write commercials and voice them as well. This allowed him to have the best of both worlds, keep his creativity as an on-air personality and start learning the ropes of being a sales representative.

But all good things must come to an end and he once again decided to change stations.

The upstart DAVE-FM is now the place he calls home, where he sells radio space. "I had some tough breaks with other stations," Farhood said. "But I've really

found a home here at DAVE FM."

"I was happy and proud to be at Conestoga College," he said. "It served me well and I am extremely satisfied with the education I received and the jobs I have gotten."

"Conestoga gave me real world and hands-on skills that I needed. It gave me the experience to move from station to station without any difficulties."

Farhood

When asked if he would ever go back to being a DJ on the radio and leave his selling position Farhood said, "There are things about both jobs I like and dislike. I've really put in a lot of time and effort towards the sales end of it."

"The perfect job would have to come up for me to think about leaving," he said.

Oktoberfest going to the dogs

By DARRYL TAYLOR

If you're looking for an alternative to crowded festhallen this Oktoberfest, then the Kitchener-Waterloo Humane Society may have just the event for you.

Dogtoberfest 2005, part of Bingeman Park's Fall Fair, is a new way for our four-legged friends to celebrate Oktoberfest, taking place Oct. 8 from 11 a.m. to 4 p.m. at Bingeman Park, 425 Bingemans Circle Dr., Kitchener.

One of the goals of the event is to raise funds for K-W Humane Society's general operation costs, such as housing and feeding homeless animals and the spay-neuter program.

Elizabeth Bonkink, head of community relations and fundraising for the K-W Humane Society, said they are preparing for about 200 dogs, but may see many more on Sunday.

"I have a feeling that it's going to be a lot more than 200," said Bonkink. "I imagine everyone who has a dog will stop and go, 'Oh look, something for dogs to do'."

She said it's difficult for dog owners to find activities that are geared toward their pets.

"People are always looking for events and activities they can do with their dogs," said Bonkink. "Unfortunately, there aren't many out there."

The highlight of the event will be the Dogtoberfest pageant in which dogs can don costumes and perform tricks.

The pageant will be judged by Ellie Ross, a widely recognized expert in dog training from Kitchener's Wag and Train, and Gerry Mills, president of the Kitchener Rangers' executive board of directors.

Bonkink said there is a possibility that Dogtoberfest will be graced with a visit from Oktoberfest royalty.

"We've asked that the Oktoberfest queen drop by to have her picture taken with the Dogtoberfest queen," she said.

There will also be carnival style games for the pets, including a cookie hunt, ball dunk, agility teeter, obstacle course, Frisbee toss, barrel rolling and an Iron Dog competition, in which the competitor must pull a wagon loaded with varying amounts of weight.

But regardless of who wins, Bonkink said, there will be no losers, as each pet and owner will go home with something to commemorate the event.

Each two-legged participant will receive an official Dogtoberfest 2005 button, bearing the slogan GueMUTTlichkeit, while each dog will go home with a tiny alpine hat.

Hounds House Café will be selling dog pretzels and other treats, while Bingeman Park will provide standard Bavarian fare, bratwurst and sauerkraut, for the owners.

For more information on Dogtoberfest, contact the K-W Humane Society at (519) 745-5615, or visit www.kwhumane.com.



(Photo by Melissa Hancock)

Hard at work

Second-year student Kellen Allison is in the early stages of building a drink cabinet. He says it will take him most of the first semester to complete the project and he will be giving the cabinet to his grandparents as a gift when he is finished.



(Photo by Chantelle Timperley)

Lillia Solis reads to her daughter Adriana, whose favourite hobby is learning.

Literary festival brings opportunity

By CHANTELE TIMPERLEY

Students dreaming of someday being published may want to keep The Word on the Street festival in mind for next year.

The festival, held in Victoria Park on Sept. 25, is a promotion of books and reading that is held on the same day every year across the country in Kitchener, Halifax, Toronto, Calgary and Vancouver.

There were more than 500 things to see, including exhibits by local and national publishers, literacy organizations and writers' associations.

It is sponsored by the Department of Canadian Heritage, Transcontinental, Webcom and Kumon books.

Vendors lined up across the park, each with their own tent, selling books and holding fun activities for kids. There was face painting, reading groups and games.

A CKCO stage had been set up for various poets to read their works. Local celebrities like CKCO's Janine Grespan were guest speakers, as well as The Record's Carol Jankowski and other reporters.

Jean-Marie Agla, Kitchener's volunteer co-ordinator, said the event this year was the biggest Kitchener has seen yet, highlighting some of the perks.

"CHYM FM is sponsoring a book swap this year, so you can

just bring in a book and pick up another book, which is sort of neat because you always end up with so many books on your shelf," she said. "Then you don't have to spend any money."

Agla also talked about how publishers were present to talk to people who may be interested in being published.

"We have children's authors to bring their own books alive, so to speak," said Agla. "It just makes it a bit more tangible and reachable as a goal for teenagers to university-aged students."

The festival strives to show people the power of the written word, showcase authors and provide an atmosphere that families can enjoy.

Lillia Solis, a mother of two who was a volunteer reading to children at the reading tent, said she thinks the biggest message to kids is to embrace learning.

"My kids like to read, and learn about everything," said Solis. "I think the festival teaches kids that reading is important, and that if they read they will learn more and explore more, and have new things and new ideas about everything."

Agla said the biggest gift people can get from reading is being able to stretch their imaginations.

"I'm sure if you've ever read a book and then watched the movie, it ends up not being what you pictured in your head," she said. "It opens your mind, makes you see

your creative side of your brain on a daily basis a lot more."

Gordon Penwick, a volunteer, said he likes that the festival gives exposure to authors who otherwise would not get recognition.

He thinks the message to kids is that a book should be fun.

"I've worked with some great volunteers," he said. "There's a lot of great energy here. (My favourite part is) seeing the public, and seeing kids who are getting turned on to books, because it's fun."

"... if you've ever read a book and then watched the movie, it ends up not being what you predicted ..."

Jean-Marie Agla,
volunteer co-ordinator

Penwick thinks there is a tremendous energy around the written word.

"I used to think that the book was dead," said Penwick. "People said, 'That's it, it's post-literate society, no more reading,' but this is proof positive that that is not the case. It's alive and well."

The festival is held every year on the last Sunday of September in each city. More information can be found at www.thewordonthestreet.ca.

Sparks fly for welding industry

By MELISSA HANCOCK

The Canadian welding industry is in for some changes and people in the trade are having the chance to give some input.

The woodworking centre at Conestoga College was host to an all-day conference on Sept. 23, sponsored by the Canadian Welding Association. The goal of a series of forums, being held in Montreal, Kitchener, Edmonton and Halifax, is to discuss future needs and directions in areas such as technology development, human resources, training, research and development and global competition.

"We have so many different ideas," said Tam C. Nguyen a professor of

engineering and information technology at the Doon campus.

Each sector of the welding industry has a need, Nguyen said. There are help centres throughout the country, but said he would like to look at forming one centre of expertise so if someone had a problem it would just be a matter of picking up the phone.

"There's a need for it," he said.

The series of travelling forums, called the Canadian welding technology roadmap, will be completed and recommendations taken to the steering committee by November. Results of the forums will be circulated and final decisions will be presented to the provincial government by a blue ribbon committee,

planned to be made up of CEOs of the industry.

Retired welding teacher and researcher, Hugh Kerr, said the Canadian welding industry needs to join with other trades, such as the auto industry, to develop better communication.

"You can't make a car without joining everything," Kerr said. "Everything you make has parts."

Other countries, such as Japan, have developed and joined with other trade industries, he said, and in doing so, have been successful. Enabling technologies to join will encourage success.

"If you're not proactive," he said, "you just stay in your tent and hope it doesn't rain."

Put on your lederhosen

By JASON SONSER

With Oktoberfest just around the corner, many people are gearing up for some good, old Bavarian celebration.

Running from Oct. 7 to Oct. 15, there will be a number of things that young and old can do, whether celebrating their German heritage or just looking for a good excuse to party.

According to the festival's website, the Kitchener-Waterloo Oktoberfest is committed to social and economic vitality of Kitchener-Waterloo.

Anyone who goes out and participates in one of the numerous festivities during Oktoberfest, however, knows it's all about having one heck of a good time and enjoying a sausage-on-a-bun with sauerkraut.

Larry Blundell, the executive director of Oktoberfest, said those who run Oktoberfest try to keep on top of things in terms of pleasing those who come out to celebrate during the festival.

Blundell said some of the events being held at the festhalls this year are being carried over from past years, including Rocktoberfest, Retroberfest and Hip-Hoptoberfest.

He said those under the age of 19

can only get into family and cultural events. He added there will be more than 23 family and cultural events going on which are, for the most part, non-alcoholic.

Steve Richtarch, a second-year student at Brock University, majoring in kinesiology, said he will be working during all of Oktoberfest at the Concordia Club.

"It's part of my heritage and my dad's in a band. It's decent money and you can make some good money with tips," Richtarch said.

Richtarch's father is in the Black Forest Band, which will be playing for all nine days of Oktoberfest at the Concordia Club.

Steve Richtarch said he looks forward to taking time off school to come down to Kitchener-Waterloo and work during Oktoberfest.

"I love it, to be honest. I love folk music, for one, so if you go to the Concordia Club and hear my dad's band play, his music is party music and when you get a good party going, you can't not have a good time."

Richtarch said he has worked as a bus boy at the Concordia Club during Oktoberfest for the past five years and hopes to be a bartender or waiter this year.

"If you put the time and effort in, the bartenders will appreciate your

work and you will get tips," he said. "The tips are where you make your money, and if you become a waiter or a bartender, the more loonies and toonies that people leave behind as tips, that adds up and that's how you make the big money."

Richtarch said you really get to learn how to deal and work with people at a festhall like the Concordia Club during Oktoberfest.

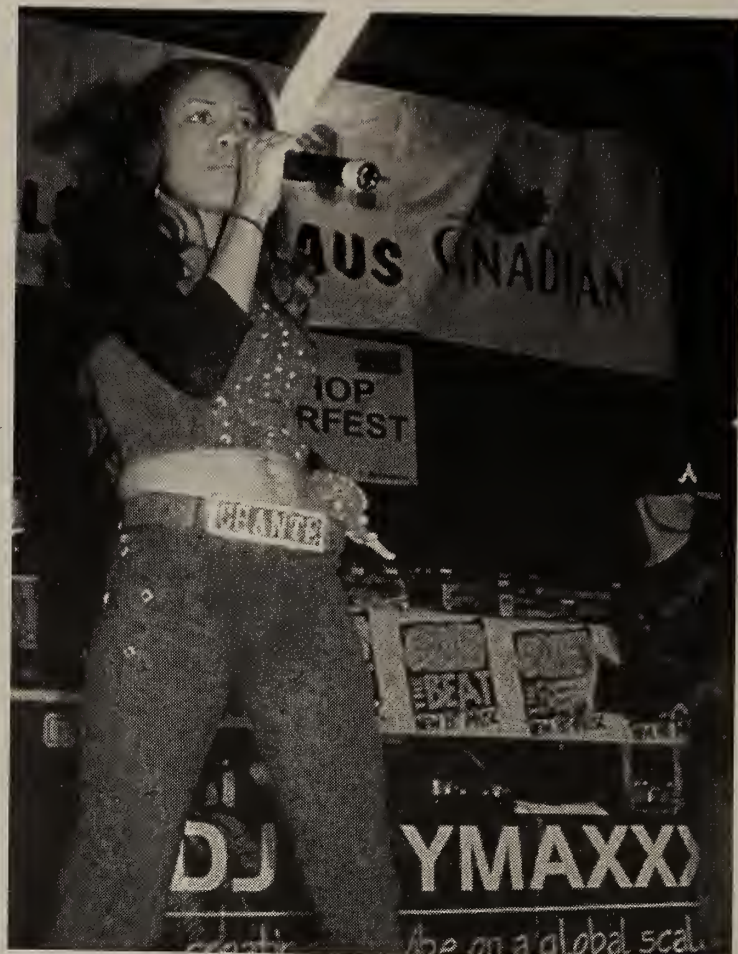
"When I'm behind the bar, a lot of people think I'm the bartender and they tell me to serve them. I've got to be polite and tell them I can't serve them and tell them to be patient," he said.

Richtarch said if people do go out to Oktoberfest, he advises them to be smart.

"Try to either hop on a bus or take a taxi. Try not to drive there or carpool, or make someone the designated driver, because that helps out security big time," he said.

Rocktoberfest will be held on Oct. 9 beginning at 7 p.m. at the Queensmount arena. Hip-Hoptoberfest will be on Oct. 12 at the K-W auditorium. Retroberfest will be at Bingeman's on Oct. 7 from 7 p.m. until 1 a.m.

For all event and festhall listings, visit www.oktoberfest.ca.



(Internet photo)

Last year Kesha Chante entertained people at 91.5 The Beat's Hip-Hoptoberfest event. This year people will be watching Moka Only, Shawn Desman, Divine Brown, Maestro and the 2004 Rhythm of the Future contest winner, Lori Nuic.

Hip-Hoptoberfest will be one to remember

By STEPH BAULK

It's that time of year again. The time of year many people look forward to all year long. Where you get together with friends, hang out and probably drink until polka sounds good. It's Oktoberfest.

But what happens to the people who want the friends, the fun, all of those things, but don't want to drink until the chicken dance seems appealing?

Those people have a chance to enjoy something a little different this year during Oktoberfest at 91.5 The Beat's Hip-Hoptoberfest event.

On Sept. 12, at the Kitchener Memorial Auditorium, The Beat is hosting approximately 2,300 people in what is basically the largest urban concert to ever go on during the history of Oktoberfest.

The event, which starts at 7 p.m., is now recognized for the very first time as an actual accredited Oktoberfest Inc. event, said Sandra Henein, promotions manager for 91.5 The Beat.

"This means we are now part of the Oktoberfest festivities over the 10-day period," she said. "So anything that goes through Oktoberfest Inc., their website, which is seen around the world, their event listings, Hip-Hoptoberfest is now considered a part of it."

Henein said Hip-Hoptoberfest is a unique event during Oktoberfest because something like it has never been done before.

"Oktoberfest is such a German, polka, Uncle Hans, traditional event. We've introduced diversity to it, different ethnicities and a different age range," she said. "Kids that were never really into Oktoberfest are now thinking it's pretty cool and are trying out different events."

The promotions manager said she was speaking to the president of the Oktoberfest festivities, and he was impressed with the amount of diversity the concert brought last year, which was the first time The Beat held Hip-Hoptoberfest.

"It's why Oktoberfest Inc. has accepted us with open arms," she said. "Anyone can open a festhall and say they want to be a part of Oktoberfest, but there's an actual waiting list and things get really tied up."

Last year Hip-Hoptoberfest featured In Essence, Keshia Chante and Kardinal Offishall as their main performers.

This year people who are attending the event will watch Moka Only of Swollen Members, Shawn Desman, Divine Brown, Maestro and the 2004 Rhythm of the Future winner Lori Nuic.

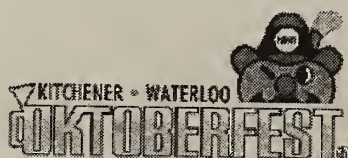
Henein said they feature only Canadian acts at Hip-Hoptoberfest because they support Canadian artists as much as they possibly can.

"We want to support the growth of Canadian talent and that's why we do have only Canadian artists," she said.

"We also have the winner of our Rhythm of the Future talent search because it's a great opportunity for them to excel in their career," said Henein.

"We give away \$20,000 to a person each year for studio time so they can make a CD," Henein said. "So by rewarding them at the end of their studio time we start playing their song and we have them on stage and they can open for Maestro and put it on their resume."

The event is also held at the Auditorium because it is a part of



the City of Kitchener, which 91.5 The Beat is a part of as well, said Henein.

Other than the performers and a few other changes, Henein said she doesn't think people will expect the event to be much different from last year, because last year no one really knew what to expect from the event.

"Everyone walked in not knowing what the concert was and a lot of people don't really care about the headlines and any of the acts, they just want to get into Hip-Hoptoberfest," said Henein.

"We have lineups of people who don't have tickets waiting outside the doors trying to sneak in the night of the event," said Henein. "We get every sob story under the sun from people trying to win tickets."

She said this year a lot of people who have just turned 19 are dying to get into the event and have a good Oktoberfest experience.

"We've also noticed a lot of older people, people in their 30s and up, who are calling the radio station trying to win tickets," she said.

Another good thing about the event is Molson has brought in the Heineken music aspect of their beer, said Henein.

"Heineken music does a lot of tours and promotions with bands and we're working with house and blues as well," said the promotions manager.

This year the smoking area outside has been opened up and is now

licensed, she said. "Last year we had problems with people going in and out. So now the capacity is more and we can allow more people through."

Henein said there are also 1,000 limited edition Hip-Hoptoberfest beer steins that are given away every year for the first 1,000 people who come through the doors.

She said this year they also have a VIP section and they are randomly giving away VIP tickets on the air, instead of just the regular four packs, which allows the winner of the pass access to the Heineken music lounge.

"It's going to be a raised stage on the side of the main stage with couches and they'll have raised access to see the performers," she said. "It'll be like their own living room and there are only about 40 people who will have access to that VIP room."

Henein said all these things set the bar a bit higher this year when compared to last year.

"We've added more acts this year and a lot of the performers have hit songs that are currently all out on the radio," Henein said.

As the years go by, Henein thinks the buzz about Hip-Hoptoberfest will just keep getting bigger and bigger.

"We purposely didn't release the names of the performers right away this year because it's not about who's coming, it's about Hip-Hoptoberfest," she said.

Advertising for the event was featured on the sides of buses in mid-August and buses were only out for a day when the radio station started getting tons of phone calls asking about Hip-Hoptoberfest said Henein.

"We didn't mention anything about it for a month," she said.

"We told our announcers to tell people calling in about the event to keep listening for details and basically just got people to create their own hype."

Hip-Hoptoberfest, like last year, is a win-to-get-in only event.

Tickets are up for grabs numerous times throughout the day on 91.5. You just have to listen for the cue to call.

If you are unable to listen to The Beat all day long, there are other ways to win tickets.

Henein said Molson has some tickets they are giving out at in-bar promotions.

"You can go into any of the local bars and see what nights Molson will be there to give away a pair of tickets," she said.

Travel Cuts on University Avenue, in Waterloo, will be doing a draw to give away tickets.

The Beat also gives away tickets at their live-to-air at The Revolution on Fridays and the Pour House on Saturdays. As well, any time they are live on location tickets will be given away.

Henein said if you are one of the lucky winners, getting to the Auditorium early would be a wise idea.

"Last year people lined up for the event at 6 p.m.," she said. "I have a funny feeling people will be lined up early on in the morning or even the night before to get in early."

She said on the night of Hip-Hoptoberfest they might be giving away extra tickets for some of the people waiting at the front of the line as a reward for getting there early.

"Those are the diehard fans," she said. "And if they are waiting that long in line they deserve something extra."

HOROSCOPE

Week of October 3, 2005



Aries
March 21 - April 19

Today is the day when you'll get the nerve to say what you've been meaning to say to that special guy or girl. Don't back down; use your newfound confidence. Lucky day: 4



Libra
September 23 - October 22

Road rage won't get you home any faster. Relax and put on your favourite CD, tape or eight-track. It's all about Kenny G. Lucky day: 7



Taurus
April 20 - May 20

OK Taurus, you've had your share of good fortune and now it's time to give something back. Not a kidney or anything, just something to cheer someone up. Lucky day: 6



Scorpio
October 23 - November 21

Keep your chin and your spirits up. Although you're going through a hard time this week, you'll come out of it feeling like a champ. Lucky day: 3



Gemini
May 21 - June 21

It's time to realize that the "things that you own, end up owning you." Sure that was in the movie Fight Club, but it's true. Accept what you've lost is gone. Lucky day: 3



Sagittarius
November 22 - December 21

You know you're right even if the person you continually argue with disagrees. Agree to disagree and move on with the conversation. Lucky day: 4



Cancer
June 22 - July 22

This week you'll feel like you're replaying a living version of a sitcom about your life. This is called deja-vu. Enjoy it while it lasts. Do you like what you see? Lucky day: 7



Capricorn
December 22 - January 19

You are a leader. Stop trying to be a follower this week. Grab your destiny by the horns, hold on tight and lead. Your time has come. Lucky day: 9



Leo
July 23 - August 22

Don't throw rocks at glass houses. Actually, maybe this week you should buy a slingshot and start returning fire verbally. Arm yourself mentally against the people in your life that mean you harm. Lucky day: 5



Aquarius
January 20 - February 18

Look to yourself for a cause to defend this week. Take a stand. As the band Sloan would say, don't sit on fences in order to avoid stepping on toes. Lucky day: 8



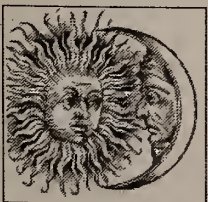
Virgo
August 23 - September 22

Others want an explanation from you this week, Virgo, but don't give them one. You know which way the wind blows in your world. Don't get blown away by other people's opinions of normal. Lucky day: 6



Pisces
February 19 - March 20

Start a dream journal this week, Pisces. Your dreams may give you the answer you've been searching for. Don't take them too literally though as they are symbolic. Lucky day: 6



Brandon Walker is a second-year journalism student holding fate in the palm of his hand.

Virgin won't disappoint

By ADAM BLACK

If you loved Anchorman or Old School then the 40 Year Old Virgin is a movie you'll probably want to see.

The story follows Andy Stitzer, played by Steve Carrell (Anchorman, Bruce Almighty, the Office). Steizer is a 40-year-old man who works for an electronics store, has a large collection of action figures displayed around his home and also happens to be a virgin.

His secret is revealed when he and his co-workers are playing a game of poker and discussing their own sexual engagements. After mocking poor Andy, and announcing his secret throughout the entire store the following day at work, it

then becomes their mission to find a way for Andy to lose his virginity.

He does, in fact, end up falling in love with a customer named Trish, a 40-year-old single mother of three who owns a store right across the street from where Andy works. His friends tell him that in order to impress Trish, played by Catherine Keener (Being John Malkovich, Death to Smoochy), he must first sleep with as many women as he can.

What follows are many moments of hilarity as poor Andy just can't catch a break. For example, the scene where Andy goes and gets his almost bear-like chest waxed will make you fall out of your seat laughing, as will the other things

that his friends try to do to help him out, including trying to make him pick up a bookstore worker, who in the end is full of surprises.

Carrell makes his debut in a leading role in a film after being a supporting character in other comedies and television series. He also co-wrote the story with Judd Apatow (Anchorman, Cable Guy), who directed the movie as well.

So if you're looking for a comedy that has a subject that is on every person's mind, sex, and is about one social outcast and his adventure to experience it for the first time, then you'll love this film. Also, if you like Carrell's style of comedy check out his show, The Office, Tuesdays at 9:30 p.m. on NBC.



Singing in the rain

Conestoga students bust out umbrellas and roll up pant legs for the remnants of hurricane Rita which made for a very wet Sept. 26 in southern Ontario.

(Photo by Denise Muller)

FUN FACT

Big loop, small loop, cross and knot!

The technical name for the little plastic or metal tip of a shoelace is called an aglet.

"Making the Transition to University" Workshop Schedule

Counsellors in Student Services recognize that the process of applying to a university can be a challenge. Workshops are available to help you explore the College's degree completion website, determine what academic environment matches your learning style, and career/educational goals, and navigate the university application process. Workshops are free and will provide you with an opportunity to have your questions answered.

Tuesday October 25, 3:30-4:30, room 2D14

Wednesday October 26, 11:00-12:00, room 2E26

Monday October 31, 12:00-1:00, room 2D14

Registration forms available in the Student Services office, 2B04.



Come on out and sign up for a team

By NICK CASSELLI

The weather is changing, anticipation for sports is at a fever pitch and the wait is finally over for all you Conestoga intramural junkies as your long-awaited fix has arrived.

Early fall term intramural sports, including slo-pitch and touch football, are currently underway and more competitive than ever.

"This year should be intense considering all the talent and athletic players out there," said Scott Feddema, a touch football captain.

"It would be nice to see all the teams be as competitive as our team."

Feddema claims he has a team of blue chippers and hopes other teams will provide some high-spirited matchups.

Although intramurals have already started, registration for late term intramural sports such as co-ed volleyball, men's basketball, ball hockey and ice hockey will open on Oct. 1.

A \$200 cash bond is needed for any team signing up for ice hockey this season and a \$30 cash bond is required for men's ball hockey, co-ed volleyball and basketball for use of the gym, ice rink and other facilities and equipment. "The cash bond will be returned to the team captain following the season, if the

equipment is returned to the rec centre in mint condition.

"For a season filled with intensity and heated rivalries, it's easily worth the \$30 team bond," said Justin Kuss, a player on the men's defending championship ball hockey team.

"I just hope there is more competition for us this year."

Kuss said there are at least five players returning from last year's undefeated team and he is confident they will capture a third consecutive ball hockey title.

The season for all late term sports kicks off on Oct. 17 and any fans wishing to check out the heated action of men's ball hockey games can do so at the rec centre on Mondays and Thursdays from 4:30 to 6 p.m.

Ice hockey games will be held at the rink in the rec centre on Tuesdays, Wednesdays and Thursdays from 4:30 to 6 p.m. while co-ed volleyball games are on Wednesday nights from 7 to 10 p.m.

And any fans who are craving a little hoop action can take in basketball games on Tuesday's from 4:30 to 6 p.m.

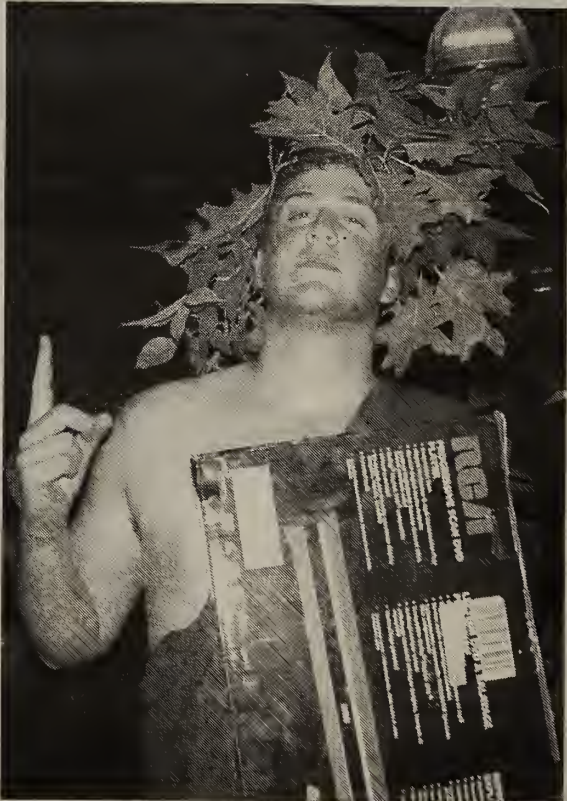
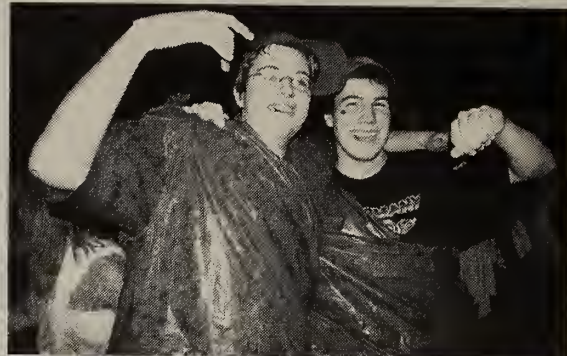
Students who are interested in putting a team together can call the rec centre for details or pick up a registration sheet from any of the bulletin boards around the campus.



(Photos by Brandon Walker)

Toga!

Conestoga Student Inc.'s Sept. 22 Toga Party was a hit, with many students getting into the spirit of the event by dressing up. Clockwise from right, Laszlo Hepedus, left, and Roland Smith designed togas out of garbage bags. Brent Smith was the winner of a DVD player for having the best toga, and Kevin Rogers and Jillian McClelland show off their inventive costumes.



jostens™

GRAD RINGS

VISIT THE RING DESIGN CENTER

Tuesday & Wednesday
October 18th & 19th

10% OFF **11:00 a.m. to 2:00 p.m.**
Foyer Inside Door #3
Deposit: \$25.00

Conestoga College Recreation Centre

Activate Your Life!

Good Luck To The Golf Team In Their Upcoming Tournament

Activate Your Life!

Intramural Sports

Starting Monday October 24th
Registration: October 1st - 17th

Ice Hockey: Tuesday, Wednesday & Thursday 4:30 - 6pm
Fee: \$200 cash team bond

Ball Hockey: Monday & Thursday 4:30 - 6pm
Fee: \$30 cash team band

Co-ed Volleyball: Wednesday 7 - 10pm
Fee: \$30 cash team band

Basketball: Tuesday 4:30 - 6pm
Fee: \$30 cash team band

visit the Rec Centre for more info or to sign up

Varsity Sports

Tuesday October 4th
Women's Home Fastball vs. Durham Recreation Centre at 5:00 pm

Wednesday October 5th
Men's Home Soccer vs. Redeemer Recreation Centre at 4:30 pm

Thursday October 6th
Women's Home Soccer vs. Redeemer Recreation Centre at 4:30 pm

Reminder: To gain access to any of the facilities at the Rec Centre you must present your student card at the front desk.

748-3565 ext. 3565
Activities posted daily
Recreation Centre Hours
Monday - Friday
7:00 am - 11:00 pm
Saturday & Sunday
7:00 am - 8:00 pm

Head-to-head: An off-season of change will lead to excitement



By TIM GEDCKE and
BRENT GERHART

After a year without the great Canadian tradition on ice, the NHL is back in action, and the Eastern Conference looks to be very competitive.

The name of the game will be parity this year, as 11 of the 15 eastern teams have a legitimate shot at playoff action.

The defending champs, Tampa Bay Lightning re-signed their barrage of all-star forwards, while the Philadelphia Flyers added more firepower upfront to complement their already stellar lineup.

The Pittsburgh Penguins, who have been basement-dwellers in their division since the 1990s, have added a plethora of talented forwards, including rookie sensation Sidney Crosby, and will look to land home-ice advantage in the playoffs.

NORTHEAST DIVISION

Tim: In the northeast division, I look for the Boston Bruins to win the division in a tight race with the Toronto Maple Leafs. The Bruins, coming off a division-best 103-point season, have added defensive stalwart Brian Leetch and centre Alexei Zhamnov. Zhamnov could be a first-line centre on most teams, but with Joe Thornton already in place in Boston, Zhamnov will play on the second line. This team can put four good lines on the ice, and has Calder Trophy winner Andrew Raycroft to man the pipes.

Brent: There is no arguing, the Boston Bruins are the front-runners in the northeast division. The Bruins made plenty of moves, in the northeast during the extended off-season and improved an already favourable squad. Icing two top-notch scoring lines, which include Joe Thornton, Glenn Murray, Sergei Samsonov and a second-year superstar, Patrice Bergeron, Boston definitely packs a punch. And, with depth forwards such as Dave Scatchard, Shawn McEachern and expert face-off man Travis Green, to go along with an impressive core of defencemen, the Bruins are a safe bet.

SOUTHEAST DIVISION

Tim: In the southeast division, my pick to win the division is Tampa Bay. They won the Stanley Cup last time around, and the team hasn't changed much since then. Gone are Nikolai Khabibulin, who backstopped the Lightning to the

Cup, and forward Cory Stillman. But those two have been replaced by Sean Burke, a proven NHL goalie, and forward Vaclav Prospal.

Brent: Once again, the Lightning is an obvious choice. Although Khabibulin backstopped Tampa Bay to the Stanley Cup, the experienced and often overlooked Sean Burke and returning goaltender John Grahame will continue to solidify the Lightning net.

ATLANTIC DIVISION

Tim: In the Atlantic division, the Flyers will run away with the title. Up front, they have Peter Forsberg, Simon Gagne, Keith Primeau, Sami Kapanen, Michal Handzus and Mike Knuble, but where they really shine is on defence. They have not one or two, but six potential all-star defencemen, including new additions Mike Rathje, Derian Hatcher and Chris Therien.

"There is no arguing, the Boston Bruins are the front-runners in the northeast division."

*Brent Gerhart,
third-year journalism student*

Brent: The Flyers have plenty of firepower, however, with the new rule changes and an influx of slow clutch-and-grab defencemen such as Hatcher, Rathje and Therien, Philadelphia could run into penalty troubles. The Pittsburgh Penguins hit the jackpot with phenom Sidney Crosby and continued to overload their offence with snipers John LeClair, Mark Recchi and Zigmund Palffy who will all join Calder Trophy finalist Ryan Malone and the magnificent Mario Lemieux. The Penguins also added more firepower on defence with Sergei Gonchar joining already offensive-minded defencemen such as Ric Jackman and Dick Tarnstrom. If newly acquired netminder Jocelyn Thibault can avoid injuries, the Penguins could finish on top in the Atlantic.

EASTERN SURPRISE

Tim: My pick of any team in the conference that could surprise fans and make a run to the playoffs is the Atlanta Thrashers. In the off-season the Thrashers added Marian Hossa, Bobby Holik and Greg de Vries to a lineup that made some noise in the league during the early going last season. Goaltender Kari Lehtonen is still young, but could become one of the league's premier goalies this year, and if he falters, able-handed Mike Dunham is there to take his place.

Brent: The Florida Panthers have added too many proven NHL players to not be considered a playoff team. Forwards Gary Roberts, Joe

Nieuwendyk, Jozef Stumpel, Chris Gratton and Martin Gelas will bring plenty of talent and leadership to a Panther team that is filled with an up-and-coming cast of young guns. Goaltender Roberto Luongo will continue to backstop an inexperienced, but constantly improving, defence and lead the Panthers into playoff contention.

EASTERN DISAPPOINTMENT

Tim: If any team disappoints compared to their last season of play I think that team will be Ottawa. They are placing so much hope in Dominik Hasek that they may have set themselves up for a disappointing season. In the 2003-'04 season, the Detroit Red Wings took a chance with the goalie nicknamed "the dominator" and only got 14 games out of him, due to injury. He hasn't played a full season since 2000-'01. If he can stay healthy and get back to form, Ottawa has a great shot at winning, but if he falters, then little-known Ray Emery (who?) will have to carry the team.

Brent: There is absolutely too much talent for the Senators to falter. The addition of Dany Heatley will give Ottawa a more superior team and plenty of heart, something they always lacked, especially during the playoffs. As for the Montreal Canadiens, the need for proven depth, especially on defence and a refusal to sign a major free-agent may have them taking a backseat this year. The Habs may have acquired centre Radek Bonk and speedy defenceman Mathieu Dandenault, however, while other teams made moves to improve, Montreal did not. Canadiens fans may have high hopes, but their hopes are only going to be taken as far as goaltender Jose Theodore will take them.



In the past, the Western Conference was dominated by powerhouses the Colorado Avalanche and the Detroit Red Wings. However, recently, teams such as the San Jose Sharks and the Calgary Flames managed to become more competitive. With a salary cap now in place for the NHL, competition is even closer.

The 2003-'04 Stanley Cup finalists, Calgary Flames made a few lineup changes, but still boast a more than impressive squad. The Vancouver Canucks high-powered offence remains intact and the Edmonton Oilers hope acquiring

centre Michael Peca and former Norris and Hart Trophy winner Chris Pronger can help captain Ryan Smyth lead the team back to the playoffs.

"My pick may come as a surprise to many, but I am going with the Mighty Ducks."

*Tim Gedke,
second-year journalism student*

CENTRAL DIVISION

Brent: The Nashville Predators are a young, fast-paced team looking to take advantage in a wide-open central division. With the crackdown on obstruction, the Predators will surprise many and possibly contend for a top spot in the Western Conference. Defenceman Danny Markov will help anchor an underrated defence and forward Paul Kariya will flourish on a team with fellow speedsters Scott Walker and Steve Sullivan. Goaltender Tomas Vokoun is a top-notch netminder and will continue to do wonders for the franchise.

Tim: Detroit has been a powerhouse in this league for many years, and no team is going to dethrone them with a defence led by Markov and Kimmo Timonen. Detroit is loaded. Their forwards, led by Pavel Datsyuk, Steve Yzerman and Robert Lang are experienced and talented. Nicklas Lidstrom and Chris Chelios lead a better-than-average defence core, and Manny Legace will fight with Chris Osgood for the starting goaltender position.

PACIFIC DIVISION

Brent: The pacific division may be the most improved, but the Dallas Stars will continue to lead it into the new NHL. With two excellent first lines, it could only be a lack of proven depth that hurts the Stars on offence. As for defence, Sergei Zubov and Philippe Boucher will continue to give goaltender Marty Turco plenty of support in their own end and manage to contribute on offence as well.

Tim: My pick may come as a surprise to many, but I am going with the Mighty Ducks of Anaheim. Teemu Selanne is back in Anaheim, and is joined up front by Sergei Fedorov and Petr Sykora. The major addition to this team comes on defence. Scott Niedermayer, one of the most steady and reliable defencemen in the league, signed on this year. In goal, Jean-Sebastien Giguere has shown that he can be a top goalie in the league.

NORTHWEST DIVISION

Brent: The Vancouver Canucks are favourites to once again lead a very talented northwest division.

Up front, Vancouver has one of the best lines in hockey with Brendan Morrison centering Todd Bertuzzi and Markus Naslund. With second and third lines also being an offensive threat and a solid mix of defencemen, the Canucks will contend for a top spot in the Western Conference. The only question mark continues to be in goal with Dan Cloutier.

Tim: What a division. The Edmonton Oilers have greatly improved over last year, and so has the Minnesota Wild. Nothing much has changed from the western conference champion Calgary Flames, and the Colorado Avalanche battled the Canucks all of last season for the division crown. This is going to be a tight race. I am going with Calgary. They were one of the top teams during the latter part of the last regular season, and went on to win the western conference championship. They have a good combination of youth and veterans, speed and grit.

WESTERN SURPRISE

Brent: Although they will not win the pacific division, The Mighty Ducks of Anaheim will return to being a respectable franchise and challenge for a playoff position. The Ducks have plenty of talent and depth at most positions, but a glaring lack of scorers at the left wing position will be a problem. If Giguere can re-acquaint himself with the form he displayed during the 2002-'03 playoffs, the Ducks will fly.

Tim: My surprise team is Nashville. Brent picked them to win their division, and while I don't think they can accomplish that feat, I think they can make a charge into one of the last playoff spots. Their defence is not great, but they do have all-star Tomas Vokoun in goal.

WESTERN DISAPPOINTMENT

Brent: Without a doubt, the St. Louis Blues are on their way down. Although the Blues were forced to trade defenceman Chris Pronger, their defence remains in decent condition. However, with a few exceptions, St. Louis is filled with third and fourth line players up front and may not be able to give goaltender Patrick Lalime enough offensive support. This could very well be the year the Blues miss the playoffs for the first time in 26 straight seasons.

Tim: I can see Colorado dropping off this year. Their first line of Joe Sakic, Alex Tanguay and Milan Hejduk will be stellar, but talent drops off significantly from there. David Aebischer has been decent in goal since the retirement of Patrick Roy, but nothing sensational. Although Rob Blake is still on the blue line for the Avalanche, losing Adam Foote, a solid defensive-minded player, will hurt on defence.

CONESTOGA'S OKTOBERFEST



CONESTOGA
STUDENTS INC



THURSDAY, OCTOBER 13TH

QUEENSMOUNT ARENA

TICKETS \$10 IN ADVANCE

\$15 AT THE DOOR

DOORS OPEN AT 7PM

MUST BE 19+

**TICKETS IN THE
CSI OFFICE 1B21**